

Great American Smokeout Quit Tip Sheet

Tips for Cessation for Great American Smokeout

Short Term:

- Make a list of why you are quitting — review it often.
- Throw away all cigarettes, ashtrays, and other smoking-related articles and don't buy any more.
- Tell all of your friends, relatives, and coworkers that you are going to quit smoking ask each of them to help you stick to your promise.
- Chew cinnamon gum or chew on a cinnamon stick to eliminate cravings.
- Stay active while you are awake and try to do things that keep your hands busy.
If you miss the cigarette in your hand, try holding a marble or a stress ball.
- Go places where you cannot smoke or chew (shopping mall, movies, etc.)
- Ask friends and family not to smoke in your presence.
- Vary your routine. Do something new. Get a massage. Take a bubble bath.

Long Term:

- Try stress management techniques, like yoga, tai chi, running, or self-hypnosis.
- Learn effective breathing techniques.
- Keep your determination—even if you have a setback or two.
- Plan an exciting vacation with all the money that you are saving by not buying cigarettes.
- Get enough sleep.
- Participate in activities with non-smokers
- Make sure that you get sufficient vitamins.
- **Take it one day at a time.**

(more)

A Simple Breathing Technique To Try ...

When you feel a craving on the way, take a deep breath, inhaling into the deepest part of your lungs, without straining, of course. See how long you can comfortably hold this breath, and then exhale very, very slowly through your mouth. If you can safely close your eyes, you may add visualization to the exercise. With your inhalations, visualize clean refreshing air bringing energy into your body. With your exhalations, visualize all the tension in your body washing away and draining out of your fingers, toes, and every pore of your body. Repeat this 3-5 times or until the craving melts away.

SYMPTOM	REMEDY
Cravings for tobacco	Distract yourself—go for a walk, call a friend, or start an activity. Realize that cravings only last 2-3 minutes.
Dry mouth; Sore throat, gums, or tongue	Sip ice-cold water or fruit juice, or chew gum.
Headaches	Take a warm bath or shower.
Trouble sleeping	Take a walk several hours before bedtime. Don't drink coffee, tea, or soda with caffeine after 6:00 p.m. Take a warm bath, or read.
Irregularity	Add roughage to your diet, such as raw fruit, vegetables, and whole grain cereals (Note: do this gradually to allow your body to adjust, and increase fluid intake at the same time). Drink 6-8 glasses of water a day.
Fatigue	Take a nap. Try not to push yourself during this time; don't expect too much of your body until it's had a chance to begin to heal itself over a couple of weeks .
Hunger	Drink water or low-calorie liquids. Eat low-fat, low-calorie snacks.
Tenseness, irritability	Take a walk. Soak in a hot bath.
Coughing	Sip warm herbal tea. Suck on cough drops or sugarless hard candy.

Four D's of Quitting:

- Delay (2-3 minutes)
- Drink a glass of water
- Deep breathing
- Distraction

Sources: <http://www.surgeongeneral.gov/tobacco/consquits.htm>